

MONDAY



Easy Chocolate Peanut Butter Overnight Oats | Joyful Healthy Eats

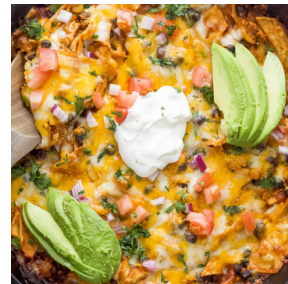


The Best Grilled Salmon Burgers with Lemon Garlic Aioli

TUESDAY



Strawberry Banana Smoothie

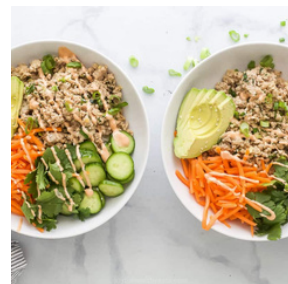


Chicken Enchilada Casserole Recipe

WEDNESDAY



Chocolate Banana Muffins



Ground Turkey Banh Mi Bowl

THURSDAY



Healthy Vanilla Almond Overnight Oats



Summer Salad Recipe

FRIDAY



Smashed Avocado Toast with Soft Boiled Egg | Joyful Healthy Eats



Pappardelle Pasta Recipe

Grocery List

Pantry

<input type="checkbox"/> Rolled Oats	1 cups
<input type="checkbox"/> Peanut Butter	2 tbsp
<input type="checkbox"/> Cocoa Powder	1 tbsp
<input type="checkbox"/> Chia Seeds	4 tsp
<input type="checkbox"/> Almond Meal	0.25 cups
<input type="checkbox"/> Dijon Mustard	4 tbsp
<input type="checkbox"/> Course Ground Mustard	1 tsp
<input type="checkbox"/> Salt	4.25 tsp
<input type="checkbox"/> Oats	0.25 cups
<input type="checkbox"/> Olive oil	3 tbsp
<input type="checkbox"/> Red chile enchilada sauce	15 oz
<input type="checkbox"/> Green chiles	4 oz
<input type="checkbox"/> Black beans	15 oz
<input type="checkbox"/> White corn tortillas	6 count
<input type="checkbox"/> Walnuts	0.5 cups
<input type="checkbox"/> Coarse Mustard	2 tbsp
<input type="checkbox"/> Apple Cider Vinegar	1 tbsp
<input type="checkbox"/> Raw Honey	4 tbsp
<input type="checkbox"/> Rice Wine Vinegar	0.5 cups
<input type="checkbox"/> Sugar	1 tbsp
<input type="checkbox"/> Cooked Rice (Brown or Jasmine)	2 cups
<input type="checkbox"/> Dutch processed cocoa powder	0.5 cups
<input type="checkbox"/> Whole wheat flour	1 cups
<input type="checkbox"/> Baking soda	1 tsp
<input type="checkbox"/> Sesame Oil	1 tbsp
<input type="checkbox"/> Tamari	0.25 cups
<input type="checkbox"/> Cornstarch	1 tbsp
<input type="checkbox"/> Muir Glen Crushed Fire-Roasted Tomatoes	28 oz

Produce

<input type="checkbox"/> Banana	1 each
<input type="checkbox"/> Shallots	3 tbsp
<input type="checkbox"/> Garlic	6 cloves
<input type="checkbox"/> Fresh Dill	1 tbsp
<input type="checkbox"/> Lemon Zest	2 tsp
<input type="checkbox"/> Lemon Juice	1 tbsp
<input type="checkbox"/> Minced Garlic Clove	2 tsp
<input type="checkbox"/> Yellow onion	1 cup
<input type="checkbox"/> Peaches	2 count
<input type="checkbox"/> Cherry Tomatoes	0.67 cups
<input type="checkbox"/> Red Onion	1.33 cups
<input type="checkbox"/> Cucumber	2 count
<input type="checkbox"/> Avocado	6 each
<input type="checkbox"/> Green Onion	2 tbsp
<input type="checkbox"/> Cilantro	2 tbsp
<input type="checkbox"/> Grated Carrots	2 cups
<input type="checkbox"/> Sliced Cucumber	2 cups
<input type="checkbox"/> Fresh Cilantro	1 bunch
<input type="checkbox"/> Sliced Jalapeno	1 each
<input type="checkbox"/> Kale	1 bunch
<input type="checkbox"/> Corn	2 ears
<input type="checkbox"/> Mini Sweet Bell Peppers	10 count
<input type="checkbox"/> Basil	0.25 cups

Spices & Seasonings

- Cinnamon 2 tsp
- Black Pepper 1.5 tsp
- Cumin 1 tsp
- Smoked paprika 1 tsp
- Chili powder 0.5 tsp
- Dry Thyme 0.5 tsp
- Minced Ginger 1 tsp
- Sriracha 2 tsp

Meat & Seafood

- Salmon Filet 20 oz
- Shredded chicken 2 cups
- Boneless, Skinless Chicken Thighs 1.5 pounds
- Ground Turkey 1 lb
- Italian Sausages 5 count

Frozen Foods

- Frozen Strawberries 5 count

Bakery

- Whole grain toast 4 slices

Dairy & Eggs

- Unsweetened Almond Milk 0.875 cups
- Mayonnaise 0.33 cups
- Mexican cheese 2 cups
- Mayo 0.33 cups
- Parmesan 1 oz

Other

- Ice 0.5 cups
- Vanilla Protein Powder 1 scoop

Beverages

- Water 0.5 cups

Shop ingredients on 

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